

# Activities and Classes

## February 2022



Open to all – 7am to 7pm Monday to Friday and 8am to 4.30pm on Saturdays

Public activities and classes. \$10 for Non-Members, \$5 for Living Well Members, FREE for Moving Well Members

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	No classes	Stretch & Core	Line Dancing Taster Session (starting 9th February)	Tai Chi	Stretch & Core	
11:00am	No classes	Aquarobics	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
		Balance & Strength		Balance & Strength		
12:30pm	No classes	Lunchtime Aqua Blast		Lunchtime Aqua Blast		
2.00pm	No classes	Brain Gym	SitFit	Walking Group		



You must have your My Vaccine Pass to come into the Living Well Centre, café, salon, gym, pool, spa or to attend classes.

### We are at Covid 'red'. What does this mean for you?

The team at the Living Well Centre have been operating as if at red for some time now. We are all fully vaccinated, we have excellent hygiene and cleaning practises, we all wear our masks and we're working to government guidelines across the centre.

- *If you are unwell, please don't enter the Living Well Centre.* Stay home until you are well. Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- *It is mandatory for all users of the centre to sign in* using either the Covid QR Scanning App or the Covid Manual Sign In form.
- *Please use hand sanitiser regularly* (this is a condition of entry in the gym/pool).



### Summer walking group – 2pm every Thursday

**Thursday 3rd February – 45 mins with Tom**

**Cashmere Hill Lookout** – starting next to the Sign of the Takahe, this is a fully formed track, but can be steep in places. Enjoy elevated views out across Christchurch.

**Thursday 10th February – 45 to 60 mins with Laura**

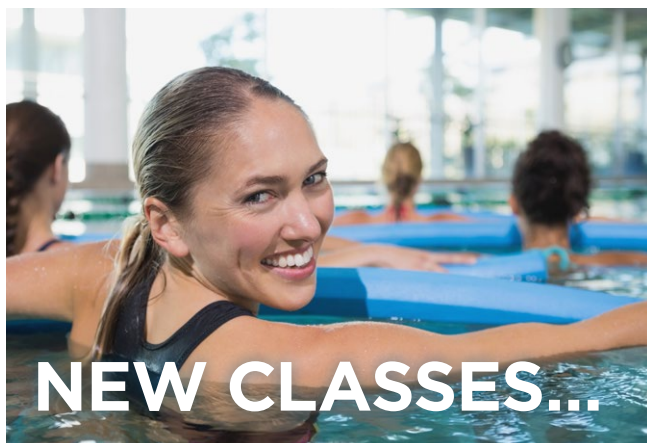
**Christchurch City Centre** – a stomp through the city's finest landmarks, incl. Margaret Mahy playground, New Regent St, Turanga and Te Pae Convention Centre, Cathedral Square, Art Gallery (Te Puna o Waiwhetu), Bridge of Remembrance, Riverside Market, The Crossing and Latimer Square.

**Thursday 17th February – 45 mins with Tom**

**Beverley Rose Garden** – a park dedicated to the collection of heritage roses planted in 2000 to commemorate 150 years of European settlement in Christchurch city.

**Thursday 24th February – 45 to 60 mins with Laura**

**Abberley Park, Merivale** – a perimeter track through wooded areas, over a stream and past rose and fragrant gardens.



## NEW CLASSES...

### Try out all new Aqua Blast

12.30pm Tuesday and Thursday lunchtime

The perfect lunchtime blast for those that want a low-impact class to increase strength and cardio. Led by the Moving Well team and using exercise stations positioned throughout the pool, this half hour class focuses on your cardiovascular training, muscle toning, flexibility and coordination.

**Pay an extra \$6 to choose a sandwich from the cabinet to take back to work or home.**

### Get a taste for Line Dancing

Taster Session, 10am Wednesday from Feb 9th

Join this fun and immersive class to learn the basics of line dancing. Led by Rose promising fun, laughter and country music – this is a great class to take with friends or to make new ones!

### Book a spot at our activities

- Book at the Good Friends Centre in person
- Call us on **0800 20 41 20** and book over the phone
- Email us at [hello@goodfriends.co.nz](mailto:hello@goodfriends.co.nz)
- Book online at [www.goodfriends.co.nz](http://www.goodfriends.co.nz)  
Click the yellow **Book Now** button.

## Living Well Centre Classes

**Class prices:** FREE for Moving Well Members, \$5 for Living Well Members / \$10 for non-members.

**Equipment:** All provided, please bring a towel.

**Session duration:** 45 minutes.

**Limited Capacity:** Please book to secure your place.

### Adapted Yoga (Saturday, 11.30am)

Suitable for all levels from beginners to advanced. You can bring your own mat or sit on a chair.

### Aquarobics (Tuesday to Friday, 11am)

Work at your own pace with qualified instructors in our heated pool during this fun group fitness class.

### Balance and Strength

(Tuesday & Thursday, 11am)

Functional movement class to improve your balance, leg and core strength.

### Brain Gym (Tuesday, 2pm)

Improve brain fitness by developing seven elements of brain function, including light physical exercise.

### Line Dancing (Wednesday, 10am)

Taster session to learn the basics of line dancing.

### Sit Fit (Wednesday, 2pm)

This gentle, chair-based workout strengthens muscles, builds balance and aids mobility.

### Stretch and Core (Tuesday & Friday, 10am)

Exercises that will strengthen, tone and work your core – on a mat, on a chair or a combo of both.

### Tai Chi (Thursday, 10am)

Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

### Walking Group (Thursday, 2pm)

Explore the beautiful parks and gardens around the city, with a different 45-60 min route each week.

**\$5 fee to cover transport from Good Friends Go, plus a coffee and treat from Natter Café.**



## Gym and Pool

**Opening hours:** 7am to 7pm Monday to Friday and 8am to 4.30pm on Saturdays.

**You must have your My Vaccine Pass to come into the Living Well Centre facilities.**

**Please also remember your fob to swipe in.**

Moving Well members must have booked a session time. You will need to use hand sanitiser on arrival and sanitise each piece of equipment after use. The spa pool operates on a 'one in, one out' policy.

**Gym & Pool Capacity:** 12 people per session.

**Session duration:** 45 minutes.

You must book a timeslot for the gym/pool at [www.goodfriends.co.nz](http://www.goodfriends.co.nz) or book with our reception team.

## Arvida Good Friends at Park Lane

47 Whiteleigh Avenue, Addington.

*Parking onsite and at Show Place through gate.*

**0800 20 41 20 | [goodfriends.co.nz/whats-on](http://goodfriends.co.nz/whats-on)**

